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FUNNY GIRL

MULTI-TALENTED LENA DUNHAM WINS TWO GOLDEN GLOBES FOR THE HBO COMEDY, GIRLS. READ ABOUT OTHER BIG WINNERS OF THE NIGHT PAGE 13

VANCOUVER metro®
Monday, January 14, 2013
News worth sharing.
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This dog's lucky to be alive

Police pooch. Slashed while attempting to stop a robbery in progress

Vancouver police dog Teak, who was slashed across the neck after taking down a suspected robber Friday, is one lucky pooch.

The German shepherd was released from hospital Sunday after undergoing surgery. It took 30 stitches to close up the 10-inch wound he sustained.

Teak's handler, Const. Derrick Gibson, said he didn't get much sleep worrying about the condition of his partner, who he's worked with for seven years.

"You don't expect to see your partner opened up like that," he said. "It's like it's happening to a member of your family, a very close member … He saved my life more times than I can probably relate."

Teak, who turns eight in March, has now gone into retirement and will live at Gibson's home.

Dr. Alan Kuzma, with Canada West Veterinary Specialists, said Teak is lucky to be alive.

"The position of the wound was on the side of his neck, but had it been on the front of his neck it could've easily killed him," he said.

Teak was slashed during a confrontation with a man who fled after allegedly attempting to rob an Esso gas station on Fraser Street and Marine Drive.

"He's a very sweet dog, but I wouldn't want to be on the other end of those teeth if I was a bad guy," Kuzma said.

A 20-year-old Vancouver man will likely face charges of robbery, weapons offenses and assaulting a police dog.

Teak, who has served with Vancouver police since 2007, is expected to have a full recovery.

"I knew everything was going to be okay when I saw the tail wagging," Gibson said, adding their first trip was to a McDonald's to buy Teak's favourite treat — a McDouble.

PHYLICIA TORREVILLAS/METRO

Vancouver police dog Teak peeks out of a VPD vehicle after his release from an animal clinic Sunday morning. The German shepherd is recovering after being slashed by a robbery suspect in Vancouver on Friday. PHYLICIA TORREVILLAS/METRO

Gluten be gone

Thousands of people line up for the Gluten Free Expo to get products for a diet that's the hottest thing since sliced bread (which they can't eat) PAGE 3

Another gang rape in India

Police in India arrest 6 suspects in rape of woman who was travelling to her village PAGE 8

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Crime

Police investigate apparent double homicide in Hope

The Integrated Homicide Investigation Team is at the scene of an apparent double homicide in the Fraser Valley municipality of Hope.

Two men were found dead at around 2:30 a.m. Sunday inside a home in the 69100-block of Othello Road, IHIT spokeswoman Sgt. Jennifer Pound said in a statement released Sunday afternoon.

"This investigation is in the very early stages, therefore, we have minimal details to provide at this time," Pound said. "Our priority right now is to identify the victims and notify their families."

No other details will be provided until the victim's families have been provided.

Police are asking anyone with information to call IHIT at 1-877-551-4448 or email at ihittipline@rcmp-grc.gc.ca. You can also call 1-800-222-8477 to give an anonymous tip.

PHYLICIA TORREVILLAS/METRO

Politics

Merner drops out of Liberal leadership race, endorses Murray

Local Liberal leadership candidate David Merner has withdrawn from the leadership race and has thrown his support behind Vancouver Quadra MP Joyce Murray.

"Joyce is committed to the co-operation movement, democratic reform, to a green Canada and to building a sustainable economy. Her priorities are my priorities," said Merner of his former leadership rival.

Murray said she was "very proud" of the endorsement.

METRO

No pants, no problem on the SkyTrain

More than 100 people showed off their underwear during Vancouver's fourth annual No Pants SkyTrain ride day. The pantless movement started in New York a decade ago. There were 60 regional No Pants subway rides Sunday in more than 25 countries around the world. Organizer Larry Piché, with Vancouver Improv Anywhere, said the goal was to give transit users a "more special" commute and make people smile. PHYLICIA TORREVILLAS/METRO

Gluten-free food a big hit in Vancouver

Healthier options. Locals hungry for wheat alternatives show up in droves at sold-out annual event

EMILY JACKSON
emily.jackson@metronews.ca

Apparently gluten-free bread is something to line up for.

Thousands waited up to four hours in line-ups snaked around the Vancouver Convention Centre for a chance to enter the city's second Gluten Free Expo on Sunday.

Some were simply looking for healthy food options; others like Tannis Meglaughlin, 23, have celiac disease — an allergy to gluten, a protein found in wheat and some grains — and were on the hunt for tasty products that wouldn't result in allergic reactions.

After two hours in line, Meglaughlin said it would be worth it if she could find bread that doesn't taste like cardboard.

"It's getting easier" to follow her diet as bakeries open up to meet the growing demand, she said, but it still can be hard to eat in restaurants.

Others refused to wait in the behemoth line, while harried staff ran around trying to organize refunds.

Patient consumers inside the crowded hall sampled chips, bread, crackers, pizza, pudding and granola bars — all products typically on the no-go list for wheat allergies.

Ed Core, who organized six of the 100 booths at the sold-out show, said business was "amazing."

"There's such a high demand right now," he said. "I'd like to see more restaurants carry gluten free for people who don't get to eat out as much."

Event spokeswoman and gluten-free chef Kathy Smart credits word of mouth for the explosion of interest in eating gluten-free food.

"More and more people are going gluten free, feeling good about it and telling everyone how they feel," she said, adding that wheat modifications in the 1970s have led to increased gluten intolerance.

"We knew it was going to be incredible, but this is beyond incredible," Smart said about the turnout.

She expects demand will keep growing. As for next year, she said: "We're going to need a bigger venue."

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A man walks past an emergency shelter on Seymour Street on Sunday. LIAM BRITTEN/FOR METRO

City's emergency shelters turn away nearly 900 people

Low-income housing. City of Vancouver hopes releasing numbers will spur funding from province

LIAM BRITTEN
vancouver@metronews.ca

With temperatures below freezing, the City of Vancouver has released some startling information about the number of people being turned away from emergency shelters due to a lack of space.

Since opening in early December, the city's four low-barrier emergency shelters have turned away 893 people, an average of 24 per night.

The city is hoping the release of these numbers will spur funding for more low-income housing from the province.

"It's a compelling reminder of the need for more provincial investment in new supportive housing," Mayor Gregor Robertson said in a press release.

According to Coun. Kerry Jang, the shelter space crunch is largely the result of scarce permanent housing for people to transition into. Without this, shelters become clogged with residents unable to take the next step.

Jang also said the emergency shelters provide opportunities for homeless people to connect with social workers and health-care workers. These connections, he said, are key to breaking the cycle.

"Last year we moved 40 people into permanent housing thanks to the connections they made at our emergency shelters; we're proud of that."

Jang said the city is prepared to make land available for permanent low-income housing, but they are waiting on the province to commit to funding before the new housing becomes a reality.

"They've been really good partners in the past, and we're hoping that relationship will continue," he said.

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Community shows Waldorf Hotel lots of love

Chris Crud and his son Milo, 4, attended the Waldorf Hotel's love-in on Sunday. Hundreds attended the event to show support for the Waldorf in light of its imminent closure. EMILY JACKSON/METRO

'Cultural incubator.' Vancouver arts supporters band together behind city's cultural icon

EMILY JACKSON
emily.jackson@metronews.ca

Heartbreak over the Waldorf Hotel's imminent closure morphed into hope as the arts community rallied to save the East Vancouver cultural hub over the weekend.

Hundreds attended a Sunday love-in at the hotel — recently sold to condo developer Solterra — featuring live music, food trucks and impassioned speeches about the hotel's status as the "heart and soul" of Vancouver's arts community.

"If we can put in bike lanes, we can support arts and culture in this city," artist Paul Wong said to wild cheers.

Wong wasn't the only heavy hitter in Vancouver's art scene to throw support behind the hotel, whose operators say they were forced to close after the sale.

Vancouver Art Gallery director Kathleen Bartells, artist Ian Wallace and Vancouver Opera director Jim Wright spoke of the Waldorf as a "cultural incubator."

For KT Kilgor, an artist whose work is currently on display at the art gallery, venues like this are important for emerging artists. "We're finding fewer and fewer spaces that work with contemporary artists," she said. "We need a chance to begin — if there aren't opportunities, people are getting up and leaving the city altogether."

Mayor Gregor Robertson also wants to protect the hotel. City staff will report on options at council on Tuesday.

Outreach worker. Former Vancouver man killed near Edmonton

A well-known Edmonton HIV support and outreach worker, who had lived in Vancouver for years, has been identified as the victim of a murder in Whitecourt, Alta., near Edmonton, on Saturday morning.

Whitecourt RCMP have confirmed that 49-year-old Dolan Badger was killed on Saturday.

Staff Sgt. Rodney Koscielny said officers were called to a disturbance at a residence around 7:30 a.m. Saturday, after someone within the residence was heard "yelling and screaming."

Officers located a badly injured man who was taken to the hospital in Whitecourt by emergency services where he was pronounced dead.

Koscielny said William Kootenay, 22, of Morinville was arrested at the scene and subsequently charged with one count of second-degree murder.

While early media reports said Badger was the victim of gay-bashing, RCMP said that was not the case.

"No, it was not a hate crime," Koscielny said.

"Mr. Kootenay and Mr. Badger knew each other."

The cause of death is not known at this time, say RCMP.

Self-reflection

"I now stand proud as a two-spirit person and as an aboriginal, and no longer do I need to blend into the background."

49-year-old Dolan Badger, who was killed Saturday morning, in a 2009 article published in Vue Weekly about coming to terms with his identity as both an aboriginal and a homosexual.

In a 2009 article published in Vue Weekly, Badger wrote about being two-spirited and said it was difficult growing up as both gay and aboriginal.

"I felt that I had to stay away from the two aspects of my life that defined me because I was constantly bombarded with slurs, racist insults and derogatory remarks," he wrote.

"Today, largely because of my work with Healing Our Spirit and my discovery of the term, I now stand proud as a two-spirit person and as an aboriginal, and no longer do I need to blend into the background."

ANNALISE KLINGBEIL/METRO

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Aaron Swartz. Family of Reddit co-creator blames prosecutors for suicide

The family of a Reddit co-founder who committed suicide weeks before he was to go on trial on federal charges that he stole millions of scholarly articles is blaming prosecutors for his death.

Aaron Swartz hanged himself in his Brooklyn apartment on Friday night, his family and authorities said. The 26-year-old had fought to make online content free to the public and as a teenager helped create RSS, a family of Web feed formats used to gather updates from blogs, news, audio and video.

In 2011, he was charged with stealing millions of scientific journals from a JSTOR computer archive at the Massachusetts Institute of Technology in an attempt to make them freely available.

He had pleaded not guilty, and his federal trial was to begin next month. If convicted, he faced decades in prison and a fortune in fines.

In a statement released on Saturday, Swartz's family in Chicago expressed bitterness toward federal prosecutors pursuing the case against him.

"Aaron's death is not simply a personal tragedy. It is the product of a criminal justice system rife with intimidation and prosecutorial overreach. Decisions made by officials in the Massachusetts U.S. Attorney's office and at MIT contributed to his death," they said.

Aaron Swartz THE ASSOCIATED PRESS FILE

JSTOR didn't press charges once it reclaimed the articles from Swartz, and some legal experts considered the case unfounded. JSTOR's attorney even asked prosecutors not to pursue the case, according to Elliot Peters, Swartz's defence attorney. THE ASSOCIATED PRESS

How the other side lives

A motorist shows no love for a winter storm in Winnipeg on Sunday. While Saturday's storm was a few minutes shy of official blizzard status, the cleanup was expected to cost about $5 million. SHANE GIBSON/METRO IN WINNIPEG

Attawapiskat

Mulcair seeks end to hunger strike

NDP Leader Tom Mulcair is calling on Attawapiskat Chief Theresa Spence to end her liquid-only diet.

Mulcair told CTV's Question Period he's always concerned when someone seems willing to end their own life.

He says Spence ought to end her protest now, following last week's meeting between Prime Minister Stephen Harper and First Nations leaders.

"I would sincerely call upon Chief Spence to realize that there has been a step in the right direction, to try to see now if we can keep putting pressure on the government to follow through," he said.

"It has been a year where nothing was done after a very formal meeting. But finally the government seems to be moving, so I think that the best thing to do would be to step back from that."

Spence has vowed to continue her protest until First Nations leaders can get Harper and Gov. Gen. David Johnston in the same room. THE CANADIAN PRESS

6 men arrested in India after another gang rape

Friday-night attack. 29-year-old woman was travelling to her village in northern Punjab state when driver took her to a desolate location: Cops

Police said Sunday they have arrested six suspects in another gang rape of a bus passenger in India, four weeks after a brutal attack on a student on a moving bus in the capital outraged Indians and led to calls for tougher rape laws.

Police officer Raj Jeet Singh said a 29-year-old woman was the only passenger on a bus as she was travelling to her village in northern Punjab state on Friday night. The driver refused to stop at her village despite her repeated pleas and drove her to a desolate location, he said.

There, the driver and the conductor took her to a building where they were joined by five friends and took turns raping her throughout the night, Singh said.

The driver dropped the woman off at her village early on Saturday, he said.

Singh said police arrested six suspects on Saturday and were searching for another.

Gurmej Singh, deputy superintendent of police, said all six men admitted involvement in the rape. He said the victim was recovering at home.

Also on Saturday, police arrested a 32-year-old man for allegedly raping and killing a nine-year-old girl two weeks ago in Ahmednagar district in western India, the Press Trust of India news agency reported. Her decomposed body was found on Friday.

Police officer Sunita Thakare said the suspect committed the crime seven months after his release from prison after serving nine years for raping and murdering a girl in 2003, PTI reported on Sunday.

The deadly rape of a 23-year-old student on a New Delhi bus in December led to the woman's death and set off an impassioned debate about what India needs to do to prevent such tragedies. Protesters and politicians have called for tougher rape laws, police reform and a transformation in the way the country treats women. THE ASSOCIATED PRESS

Gender injustice

"It's a very deep malaise. This aspect of gender justice hasn't been dealt with in our nation-building task."

Seema Mustafa, a writer on social issues who heads the Center for Policy Analysis think-tank

French protesters don't want gays to marry

Thousands of protesters mobilized on Sunday against the French president's plan to legalize gay marriage, streaming into Paris by bus, car and specially reserved high-speed train. Legalizing gay marriage would allow same-sex couples to adopt and conceive children. President Francois Hollande's plan has underscored divisions among the secular-but-Catholic French, especially more traditional rural areas versus urban enclaves. LORI HINNANT/THE ASSOCIATED PRESS

Life sentence overturned

Mubarak gets another chance

A Cairo appeals court on Sunday overturned Hosni Mubarak's life sentence and ordered a retrial of the former Egyptian president for failing to prevent the killing of hundreds of protesters during the 2011 uprising. THE ASSOCIATED PRESS

Canadian on death row

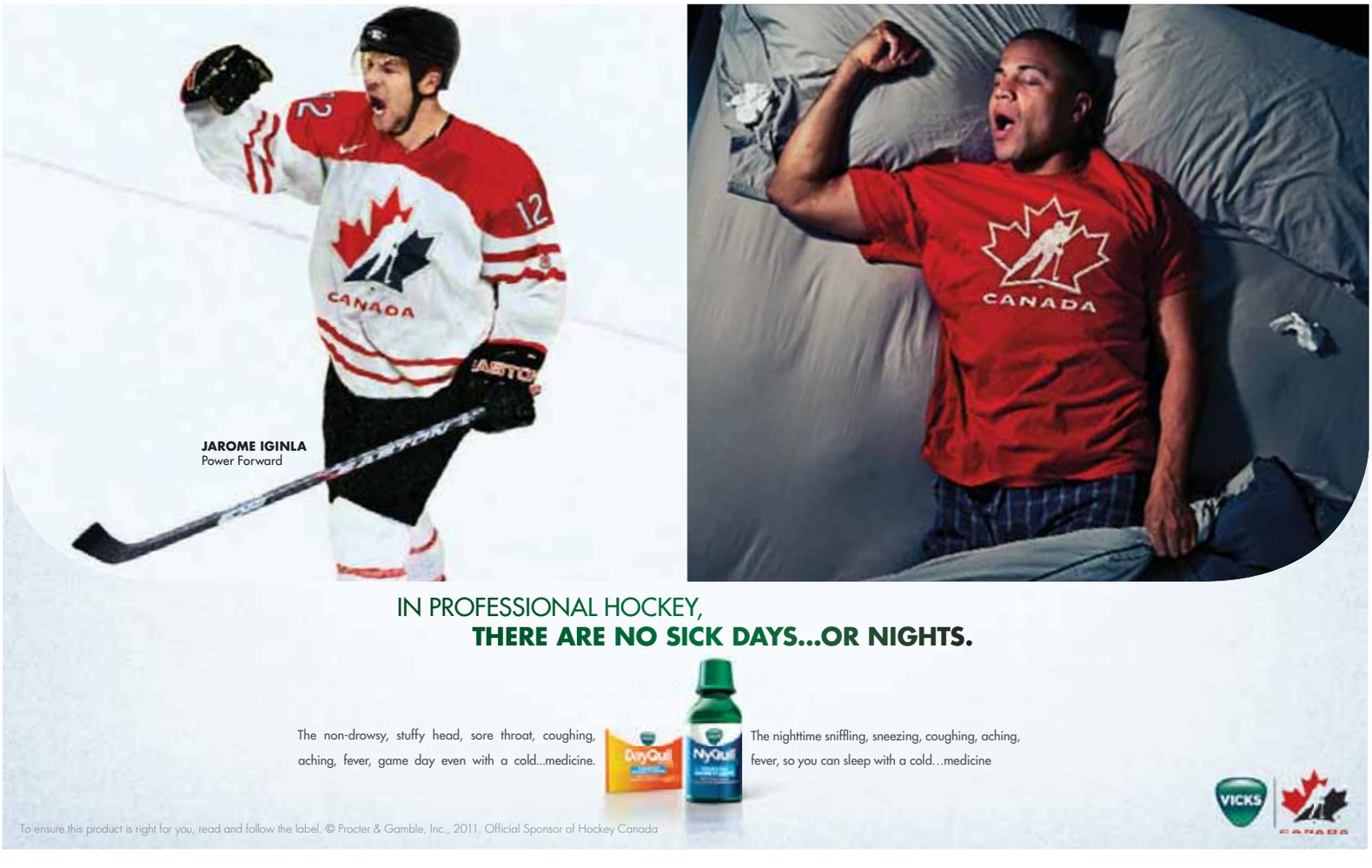
Parole board under fire in Montana

The Montana parole board that recommended against clemency for death-row Canadian Ronald Smith may be examined for being too tough on criminals. The review could result in limitations on the board's powers. THE ASSOCIATED PRESS

Assault weapons ban

NRA says it has friends in Congress

The National Rifle Association says it has enough support in Congress to block a law that would ban assault weapons, despite promises from the White House and Democratic lawmakers to make such a measure a reality. THE ASSOCIATED PRESS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Nortel verdict will send message, observer says

Monday ruling. Former executives, accused of cooking books, each face up to 10 years in prison

Ex-Nortel CEO Frank Dunn leaves a Toronto court in this Jan. 16, 2012, file photo. On Monday, a judge will rule on fraud charges against Dunn and two colleagues. THE CANADIAN PRESS FILE

Three former Nortel executives accused of orchestrating a widespread multimillion-dollar fraud will learn their fate Monday, nearly a year after one of the largest criminal trials in Canada's corporate history began.

Ontario Superior Court Justice Frank Marrocco is set to rule on whether ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly manipulated financial statements at Nortel Networks Corp. from 2002 to 2003.

The men, who each face two counts of fraud, are accused of participating in a book-cooking scheme designed to trigger $12.8 million in bonuses and stocks for themselves at the once powerful Canadian technology giant. The accused, who were fired in 2004, have all pleaded not guilty to the charges. If convicted, each could face up to 10 years in prison.

Marrocco was the lead prosecutor in the Bre-X Securities case — the largest corporate fraud case in Canadian history — and his verdict will send a message through both legal and financial circles, says one expert observer.

Darren Henderson, an assistant professor of managerial accounting and control at Richard Ivey School of Business at Western University, says that since the fall of Nortel, securities regulations have been tightened — particularly to ensure that top-ranking executives at major corporations are held more accountable when signing off on financial statements.

Despite this, Canada is still seen as soft on white-collar crimes, especially when compared to the stiff sentences handed out in the U.S. during the Enron scandal.

"When you look at white-collar crime, there are always going to be incentives for manipulating financial statements," he said.

"There is a direct financial incentive of increasing the value of your sales, getting a bigger bonus or keeping your job. And what has to counteract that is a disincentive or deterrent from the perspective of potential litigation and potential to go to prison."

THE CANADIAN PRESS

By the numbers

$9B

The verdict will come on the same day that mediation talks on the distribution of nearly $9 billion in assets from the now-bankrupt Nortel begin in Toronto. The weeklong proceedings are part of an effort to settle the company's creditor claims in Canada, the U.S. and around the world.

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SWING YOU HEPCAT, SWING

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Two important things happened on Jan. 5, 1918, one of them really, really bad, and one of them really, really, good.

The really, really bad thing was that on that day, the Nazi Party was born.

The really, really good thing? Dal Richards, sax player extraordinaire and Vancouver's King of Swing, was also born.

There's already way too much said and written about the Nazis, and not enough about Dal Richards, who not only outlasted the Nazis but still brings joy to New Year's Eve, the PNE and various other events around Vancouver.

There he was the other day in Robson Square, leading the band, celebrating his 95th birthday, raking in the accolades. Although for a guy whose trophy shelf is already full, you had to wonder what they could do to honour someone who has called the tune for 80 years.

Hepcat Emeritus

"(Dal Richards) has spent nearly 80 years in the music business. He played the River Rock Casino on New Year's Eve, his 74th consecutive New Year's gig."

How about Hepcat Emeritus? That's the title bestowed upon this city's original hipster by Minister of State for Seniors Ralph Sultan, who, in his 80th year — and a poster boy in his own right for good genes — is nevertheless a mere whippersnapper next to the King of Swing.

We should all be in awe of this newly appointed Hepcat Emeritus.

He has spent nearly 80 years in the music business. He played the River Rock Casino on New Year's Eve, his 74th consecutive New Year's gig. And last summer, his appearance at the PNE was his 73rd.

But the Hepcat is not just about endurance. Many of us hang around past our best-before date, yet Dal Richards' track record is one of uninterrupted meaningful achievement, including an Olympic torch-bearing run in 2010, when he was only 92.

He discovered Our Pet Juliette when he broadcast to Canada from the Panorama Roof of the Hotel Vancouver back in the '50s, and then did it again when he spotted Michael Bublé at the PNE a mere half-century later.

His Panorama Roof gig ended in 1965, but he made the scene one more time last night, at a cocktail party in his honour, after conducting the Vancouver Symphony Orchestra at the Orpheum in a special Dal Richards at 95 concert.

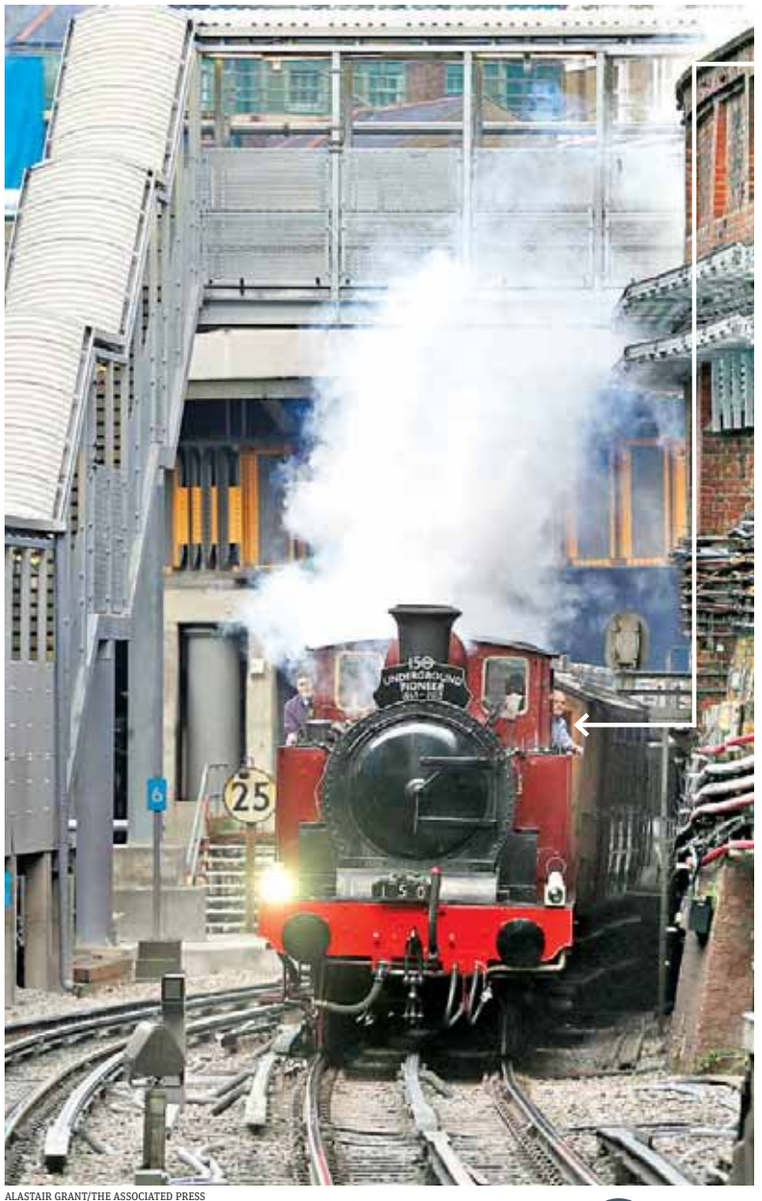
And if that's not enough, he still has his own radio show, Dal's Place on AM 650, every Sunday at 9 p.m.

Guys like Dal Richards and Nat Bailey of White Spot defined Vancouver's 20th century. Nat left the legendary Triple-O sauce as a legacy, and his concoctions continue to harden our arteries in the nicest way.

But the Hepcat Emeritus is not ready to do that legacy thing. He's busy defining the 21st century, in the vanguard of a venerable cohort that continues to greet each day with renewed energy and delight. Mick Jagger and Paul McCartney aren't far behind.

The Nazis? They're done.

Anniversary picks up steam



ALASTAIR GRANT/THE ASSOCIATED PRESS

London Tube

Restored-train trip marks 150th

Metropolitan 1, a restored steam train built in 1898, passes through Farringdon Tube station on its journey between Olympia Tube station in the west to Moorgate station in London on Sunday. The trip was part of celebrations for the 150th anniversary of the London Underground Tube system.

The first stretch of the world-famous network opened to the public on Jan. 10, 1863.

THE ASSOCIATED PRESS

Underground

Onlookers catch glimpse of history

Tourists waiting for the morning subway train to Madame Tussauds were treated to the unusual sight. Hundreds of train fans, costume-wearing enthusiasts, and curious onlookers gathered at platforms and bridges across the city to watch as the locomotive transported passengers on the iconic trip.

THE ASSOCIATED PRESS

Chugging along

Mayor calls ride 'romantic'

London Mayor Boris Johnson was among the invited passengers aboard the historic black-and-red locomotive. He said the trip was "romantic," describing "thick clouds of white steam going past and then bits of soot coming through from the engine."

THE ASSOCIATED PRESS

Warning

Beijing's air pollution goes off the index

Some people refused to venture outdoors and buildings disappeared into Beijing's murky skyline on Sunday as the air quality in China's notoriously polluted capital went off the index.

The Beijing Municipal Environmental Monitoring Center said the density of PM2.5 particulates had surpassed 700 micrograms per cubic metre in many parts of the city. The World Health Organization considers a safe daily level to be 25 micrograms per cubic metre.

The centre recommended that children and the elderly stay indoors.

The U.S. Environmental Protection Agency's air-quality index goes up to only 500, and the agency advises that anything greater than 300 would trigger a health warning of "emergency conditions," with the entire population likely affected.

THE ASSOCIATED PRESS

Metropolitan Panel

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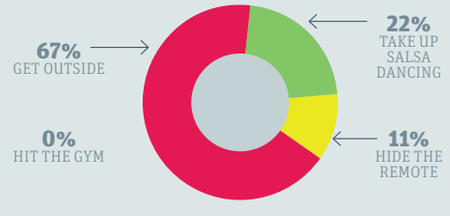
What's your plan for getting in shape in 2013?



Twitter

@mechanicaltears: #Seahawks fans feel like #Canucks fans during the Stanley Cup today. Sorry guys, been there & it sucks.

@EmilyroseLA: So bummed about the #seahawks but so proud of their season! Little engine that could,that team! Champs and already dreaming about next yr!

@cameronbuck3: wanted seahawks to win so badly, amazing game though cant lie

@AdamStilesCITY: Disappointed in today's @Seahawks outcome. But very excited for the years to come with this white hot team! Stay hunger boys in blue!

@EvilEbenezer: I like the Cam Barker signing. Good look Gillis. #Canucks

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Tina Fey and Amy Poehler took over from the controversial Ricky Gervais as the hosts of the Golden Globe Awards. GETTY IMAGES

Fey-ry funny stuff, gals

Awards. Tina Fey and Amy Poehler delight as hosts; Canuck composer Mychael Danna gives a shout-out to friends and family back home

NED EHRBAR
Metro World News in Hollywood

All of Hollywood was focused on the 70th Annual Golden Globe Awards Sunday night as awards season kicked into high gear with the Hollywood Foreign Press' yearly party at the Beverly Hilton.

Wins for Daniel Day-Lewis for Lincoln (best actor in a drama), Jessica Chastain for Zero Dark Thirty (best actress in a drama), Michael Hanake for Amour (best foreign language film) and Anne Hathaway for Les Miserables (best supporting actress) certainly help their chances at next month's Academy Awards. But Ben Affleck, who won for directing Argo, will have to be happy with the Golden Globe, as he was infamously shut out of the Oscar nominations for best director. But its win for best picture — drama could help its win in the tight, nine-way best picture race at the Oscars.

Jodie Foster, who received the Cecil B. Demille Award for her long career in Hollywood, used her acceptance speech to stun audiences by addressing her sexuality more openly than she ever has — without actually saying she's a lesbian — while also taking the press at large for task for continuing to bring up the issue. "I already did my coming out about a thousand years ago in the stone age," Foster said. "If you had been a public figure from the time that you were a toddler, you might value privacy. I have given everything up there from the time that I was 3 years old."

This year's new co-hosts, Tina Fey and Amy Poehler, drew raves for their work, with a lively opening segment that poked just enough fun at the attendees to make it memorable. "Only at the Golden Globes do the beautiful people of film rub shoulders with the rat-faced people of television," joked Poehler.

Canadian composer Mychael Danna picked up the best score award for Life of Pi.

"I felt very, very blessed, even before this, and I speak for the whole cast and crew, to be part of the whole Life of Pi experience," he said. "Beautiful, special film. A film of a lifetime."

Danna spent nearly a year working on the score for Life of Pi, which tells the story of a shipwrecked Indian boy adrift in the Pacific Ocean with a Bengal tiger. The musician thanked his parents for giving him "the gift of music" and his friends and kids "back in Toronto." Also in the music category, Adele received her first Golden Globe for best song for Skyfall.

On the TV side of things, Homeland stars Damien Lewis and Claire Danes earned the trophy for best actor and actress in a TV Drama. Homeland also won for best TV drama. HBO's Game Change, about Sarah Palin, won big, taking home best TV movie, best supporting actor for Ed Harris and best actress for Julianne Moore's depiction of Palin.

WITH FILES FROM THE CANADIAN PRESS

Best of the barbs

"I haven't seen someone so totally alone and abandoned since you were on stage with James Franco at the Oscars."

Tina Fey pays Anne Hathaway a backhanded compliment for her role in Les Misérables

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Visit metronews.ca for complete coverage of Sunday's Golden Globe awards, a photo gallery and full list of winners.

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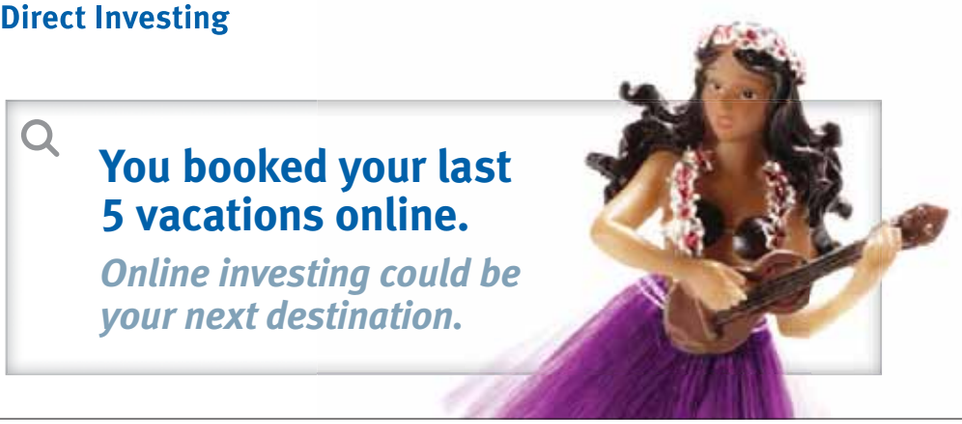

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Bradley Cooper.

Cooper bringing Mom as date

Bradley Cooper didn't have to worry too much about who his date for the Oscars will be now that he's up for Best Actor for his work in Silver Linings Playbook. That decision was made a long time ago.

"One night, when I started the profession, (my mom said) 'If you ever (get nominated) I am the date,'" he tells E! News, adding that he's already informed mom Gloria that she needs to find a nice dress for the Feb. 24 event. "She was freaking out," he says.

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e one

The Word

Jackass alum killing it with his new reality show

THE WORD
Mark Breslin
scene@metronews.ca

Steve-O is the host of Killer Karaoke, a new series airing Tuesdays at 10 p,m. ET on Action.

The show features contestants performing their favourite songs in extreme and outrageous circumstances.

We recently caught up with the Jackass alumnus to learn more about the show, aging and making people cry.

You became famous for putting your body on the line in shows like Jackass. Now you're putting other people's bodies on the line. Are you getting older or are you getting smarter? Or both?
I would like to believe both. I think that it's a good idea for me to work towards having a career more than a guy that just hurts himself.

Do the contestants know what fate awaits them?
When we're shooting a guy in a dog attack suit, he's probably got an inkling that he'll be attacked by dogs. But for the most part, we don't let anybody on to what's going to happen.

And when you decide on what people are going to do, do you match the contestants' particular fears
Where we are able to cater to a person's particular fears, we do.

Is anybody so tough that they just go through the song like the challenge is not even happening?
That hasn't happened. The challenges are tough enough that not one single person has made it through without registering some sort of difficulty.

Who makes better contestants, men or women?
Depends on the challenge. Everyone loves to see a guy in pain, I think and they love to see women scared, but

Lindsay Lohan.

Former co-star comes to Lohan's defence

Lindsay Lohan is undergoing a fresh round of criticism thanks to a New York Times piece chronicling the adverse working conditions the actress inspired on the set of The Canyons, which she filmed last year.

But at least one former co-star is sticking up for her. "I never got yelled at. We didn't have that relationship at all. To be completely fair to Lindsay, that did not happen. She didn't threaten me at all," says her Liz and Dick co-star Grant Bowler. "We had a lot of quiet, serious conversations about characters and we worked very, very hard. And we both ensured that when we came to set, we came to set very, very serious. That's the God's honest truth."

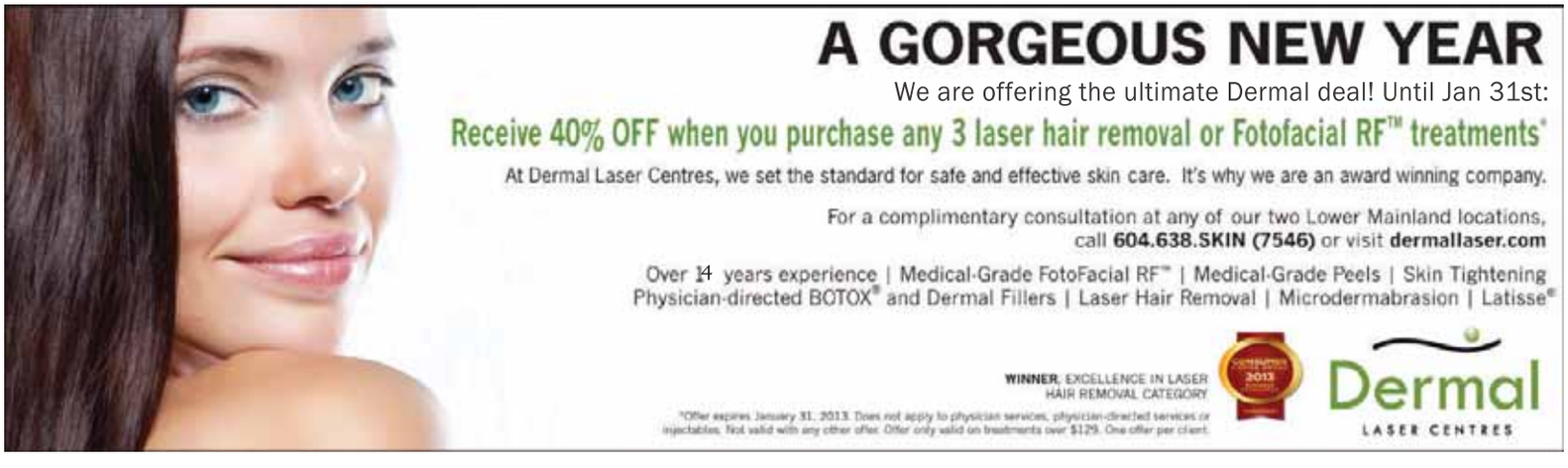
Twitter

@oliviawilde
Thanks for all the sweet congratulatory love, friends! And may I compliment your savvy use of that nifty engagement ring emoticon.

@ABFoundation
You could go out on the street right now and 3 of the first 5 people you meet could do a better job than your current rep in Congress...

@ralphmacchio
Finally gave up my BB - kept crashing. Now the realization - I suck at touch screen. This tweet took 8 mins to generate. #iphoneneophyte.

@SarahKSilverman
If you have terrible luck with roommates, YOU'RE the terrible roommate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Sunscreen

Lather up. Yes, even in the winter

Even when it's hidden behind sleeting rain, the sun can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why this is the case.

Why do we need to wear sunscreen in the winter?
Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

What about on days when you can't even see the sun?
On cloudy days, some of the damaging rays of the sun go right through the clouds.

(Using sunscreen) should just become a part of someone's daily skin-care routine.

MEREDITH ENGEL, MWN

Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Parenting fads set to rule the playground in 2013

Yearly predictions.
Each year, parents jump on new trends, and many of them are just plain annoying

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Another year has gone by and another year filled with annoying parenting trends has been ushered in.

Here are some fads I'd like to see disappear by the end of 2013.

Trophies for all

This one has been around for a while. We are raising our kids in a generation of "everybody wins and nobody loses" and what this does is make losers of us all.

Without experiencing not winning, kids don't know how thrilling it really is to bring home a coveted trophy or medal.

They don't give out Participation Medals at the Olympics; let's stop giving our kids trophies for simply turning up. Think of the money, gold coloured plastic, and particleboard that could be saved.

Snacks at every event

From visiting the local park to half-time at a pre-school soccer game, apparently we've decided our children can not a) be hungry at any point or b) be expected to not have a snack every half an hour that c) parents must carry with them at all times.

Recess snacks? Snack break at a play date?

End the madness, please.

Ramping up holiday time

Kids used to send Valentine's Day cards to only kids they actually liked in their classroom.

Strange concept compared to today, when kids have to send in cards to everyone in the class, and half of them come with candies, stickers or pencils attached.

Then there's the mom who brings in (more!) snacks to the class on her child's birthday.

Let's lower that bar (and cost and calorie count) just a bit, OK?

Food deception

This trend continues to be popular as parents everywhere hide kale, quinoa, broccoli and other healthy foods inside sauces, stews and other mixed dishes.

Of course it's great to feed kids nutritious food, but they should also appreciate and learn about what they are eating so that they can make informed decisions once they leave home.

One day they'll have to decide what to pick for themselves or (gasp) make their own lunch.

Kid-tatorship

In many households, the kids are running the show when it comes to what they eat, when they eat, when they go to bed, what activities they choose to do and even where to go on vacation.

It's not all about the kids, kids. Remember that parents are people too and make sure you're not sacrificing all of your wants for theirs.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

One trend sees all kids getting trophies just for showing up. ISTOCK

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Spice and stuff cookies for a decadent orange-date treat

These cookies incorporate spices and have a sweet surprise inside — a mixture of sweet dates, orange flavouring and crunchy hazelnuts. They're perfect with tea.

This recipe makes about 30 cookies. THE CANADIAN PRESS H/O

Ingredients

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) large flake oats
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) freshly grated nutmeg
- Pinch ground cloves
- 175 ml (3/4 cup) butter, softened
- 125 ml (1/2 cup) each granulated and brown sugars
- 1 egg
- 5 ml (1 tsp) pure vanilla extract

Orange Date Filling

- 250 ml (1 cup) pitted Medjool dates, chopped
- 2 ml (1/2 tsp) grated orange rind
- 125 ml (1/2 cup) orange juice
- 125 ml (1/2 cup) flaked hazelnuts (filberts)
- 2 ml (1/2 tsp) pure vanilla extract

1. Orange Date Filling: In a saucepan, combine dates, orange rind and juice and bring to a simmer over medium heat. Cover and reduce heat to low. Cook, stirring once, for about 8 minutes or until juice is absorbed and dates soft. Remove from heat and stir to break up dates. Stir in hazelnuts and vanilla; set aside to cool.

2. In a bowl, whisk together flour, oats, baking soda, cinnamon, nutmeg and cloves; set aside.

3. In a large bowl, using an electric hand mixer, beat together butter and granulated and brown sugars until fluffy. Beat in egg and vanilla. Using a wooden spoon, stir in flour mixture. Then, using hands, bring dough together into a soft mixture.

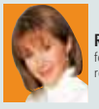
4. Place a level 15-ml (1 tbsp) measure of the dough on a work surface and flatten into a circle. Place 5 ml (1 tsp) of the filling into the centre and top with another flattened 15 ml (1 tbsp) of the dough. Pinch edges to seal. Place on parchment paper-lined baking sheet and repeat with remaining dough and filling.

5. Bake in a 180 C (350 F) oven 12 minutes or until lightly golden around edges. Let cool slightly before serving.

THE CANADIAN PRESS/ NATURAL DELIGHTS MEDJOOL DATES

Healthy eating

Choose it and lose it



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On those cold days, you want a beverage that will instantly warm you up. But if you order the wrong one, you'll be drinking your calories.

Second Cup White Mocha with whipped cream (16 oz, 2% milk)

460 calories, 24 g fat, 17 g saturated fat

Whipped cream and chocolate syrup make this more of a dessert.

Equivalent

A 16 oz , 2% milk Second Cup White Mocha with whipped cream is equivalent in fat to 10 8-oz cartons of chocolate milk. It also contains 1/3 of your daily calories and 1/2 your daily fat.

Second Cup Moccachino (16 oz, skim milk)

300 calories, 5 g fat, 4 g saturated fat

Take away the whipped cream and add lower fat milk and you have an acceptable hot beverage.

Peanut Butter Chickpea Cookies. Chewy snack

Ingredients

- 250 ml (1 cup) canned chickpeas, rinsed and drained
- 125 ml (1/2 cup) sugar
- 150 ml (2/3 cup) brown sugar
- 50 ml (1/4 cup) butter
- 1 ml (1/4 tsp) salt
- 1 egg
- 375 ml (1 1/2 cups) crunchy peanut butter

1. Spread chickpeas on baking sheet and bake in 180 C (350 F) oven, 15 mins. Remove and set aside to cool.

2. In bowl of food processor, puree cooled chickpeas, sugars, butter, salt and egg until as smooth as possible. Transfer to bowl and stir in peanut butter (mix will seem too soft at). Chill in refrigerator, at least an hour.

3. Drop golf ball-sized spoonfuls of chilled dough onto baking sheet, being sure to leave room for cookies to spread. Flatten each twice with back of fork, dipping fork in cold water between each cookie.

4. Bake one sheet at a time in 180 C (350 F) oven. 13 mins., until starting to turn golden. Let cool 5 mins. and transfer to cooling rack. Cookies will be soft at first, but once cool will have crisp edges. THE CANADIAN PRESS/ SASKATCHEWAN PULSE GROWERS

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The In-Credibility Factor

Name: Joy Hu
City: Toronto
Age: 26
Occupation: Director, designer and production manager of The Joy Hu Collection

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Joy Hu is a Canadian fashion designer of couture clothing with showrooms in Toronto and New York. Joy started drawing at age five, produced her first design at the age of 13 and by the time she was 18 years old, her online design business was making $10,000 a month. She describes her design style as "a cocktail of romantic elegance with modern sexy chic and a dash of diamond."

Success is in the smiles

"I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job."
Joy Hu

I knew I was on my way when ...

I started my showroom in Canada in 2008. I had just moved from China the year before and I didn't know anyone.

I started with one rack of 10 garments but now I have 20 racks in my showroom. My designs have an international taste with a twist of the East and West.

I look up to Vera Wang and in five or 10 years I want to be like her, but my definition of success isn't about money. I want my clients to feel and look good. When my customers are happy and come back, that makes me feel like I have done my job.

Action Plan:

Listen to your customer

There are lots of talented designers out there that are creating clothing more for themselves. Give your customer something creative, but remember to always make it wearable.

When Joy Hu started her showroom in Canada, she only had one rack of garments. Now she has 20. PROVIDED

Social media is a powerful marketing tool

We don't have Facebook in China, so when I came to Canada I learned about social media. I have built my whole business based on Facebook — it's incredible. For the 21st century, online marketing is very important.

Watch your bottom line closely

In the early years of your business, be careful what you spend. I saw one designer put all their money into beautiful pictures, but went bankrupt shortly after. Start out slowly, be careful what you spend and always have a backup plan.

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Canucks give Barker a chance

NHL. Injury-plagued blue-liner given 'opportunity to re-invent his career' in Vancouver

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Canucks have been interested in Cam Barker for a while, according to head coach Alain Vigneault and general manager Mike Gillis.

On Sunday, as training camps opened across the NHL, the Canucks signed the 26-year-old defenceman to a one-year deal worth a reported $700,000 US.

This marks Barker's fourth NHL team during his career, which started with such great expectations when the Chicago Blackhawks selected him in the first round, third overall, in the 2004 draft.

But he has never played a full season in the league, partly due to injuries. There have been flashes of brilliance, particularly in the 2008-09 season when he scored six times and tallied 40 points in 68 games with Chicago.

Otherwise, it has been a constant struggle.

Barker experienced back problems during his time in Minnesota, and sat out three months last season because of an ankle injury that required surgery.

"Obviously, starting with injuries, I think, puts you behind the eight ball. You're always trying to catch up to where you were," Barker told reporters.

"I've got a lot to prove. I feel good and confident and, like I said before, it's baby steps for me here and I just want to keep building on that, stay healthy and I think the rest will take care of itself."

The Canucks are hoping that, at six-foot-three and 222 pounds, Barker — if he stays healthy and plays up to the potential of his draft selection — can add depth on the blue-line."He fits a need based on the last four seasons," Gillis said.

"Our defence, we seem to constantly have injuries and we want to give him an opportunity to re-invent his career."

Canucks defenceman Cam Barker skates during practice on the first day of NHL training camp on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Falcons finish off Cinderella Seahawks

Matt Bryant of the Falcons kicks the game-winning field goal in the fourth quarter against the Seattle Seahawks on Sunday in Atlanta. STREETER LECKA/GETTY IMAGES

Matt Bryant pumped his fist and celebrated atop the Falcons logo in the middle of the field. Tony Gonzalez broke down in tears. Matt Ryan relished the thought of not having to answer a familiar question.

The Atlanta Falcons finally showed they could win a playoff game.

And, wow, what a game it was.

After a meltdown in the fourth quarter, the Falcons pulled off a comeback that will long be remembered in championship-starved Atlanta. Ryan completed two long passes and Bryant kicked a 49-yard field goal with eight seconds left, to lift the NFC's top seed to a stunning 30-28 win over Russell Wilson and the Seattle Seahawks on Sunday.

AFC

Tom Brady idolized Joe Montana as a kid in the Bay Area. Now, he's surpassed his hero for post-season wins.

- Brady got his 17th, the most for any quarterback, in New England's 41-28 AFC divisional victory over Houston on Sunday.

"Wow!" said Falcons coach Mike Smith, summing up this classic as well as anyone could.

Atlanta (14-3) squandered a 20-point lead in the fourth quarter, falling behind for the first time all day when Marshawn Lynch scored on a two-yard run with 31 seconds left and Ryan Longwell knocked through the extra point for a 28-27 lead.

No team has ever won a playoff game when facing such a daunting deficit in the final period.

The Falcons, thanks to Ryan and Bryant, didn't become the first.

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Horoscopes

Aries
March 21 - April 20
You will find it difficult to disguise your feelings today, but why would you want to? No matter how hard you try to keep your opinions to yourself something will slip out. Let's just hope it's something good.

Taurus
April 21 - May 21
No matter how carefully you try to explain something to a friend or colleague they just don't seem to get it. Are they stupid or are they stubborn? Whatever the answer don't waste too much time on them.

Gemini
May 22 - June 21
Don't commit yourself too easily, especially if certain people try to push you into making a quick decision. In fact, the more they talk up a project the more suspicious you should be. Make sure you know all the facts.

Cancer
June 22 - July 23
You would be wise to remember today that not everyone is as straightforward and honest as you – in fact some people seem to be evasive by design. Trust only those who have a track record of being straight shooters.

Leo
July 24 - Aug. 23
If you have a detailed plan of what you intend to do everything will work out fine. If, however, you leave things to chance your day will probably fall apart in a matter of minutes. So draw up that plan.

Virgo
Aug. 24 - Sept. 23
If you follow the rules over the next 24 hours you won't go far wrong, but if you cut corners you could end up in serious trouble. Today's aspects suggest someone is in for a rude awakening. Don't let it be you.

Libra
Sept. 24 - Oct. 23
Use your head when dealing with people in positions of power. You may be entitled to get angry with a certain individual but don't forget they have the power to make things difficult for you.

Scorpio
Oct. 24 - Nov. 22
Spell out what you expect of other people in plain and simple language today, because if your instructions are vague it's guaranteed they will get it wrong. Then they will be perfectly entitled to blame it on you.

Sagittarius
Nov. 23 - Dec. 21
You may have made up your mind about something but if everyone else disagrees with you it might be wise to think again. If you discover later on that you made a decision based on limited facts it could prove costly.

Capricorn
Dec. 22 - Jan. 20
You need to delegate more and you need to trust friends and colleagues to do a good job. Okay, so it won't be as good as if you had done it yourself but not even a Capricorn can do it all. Get help.

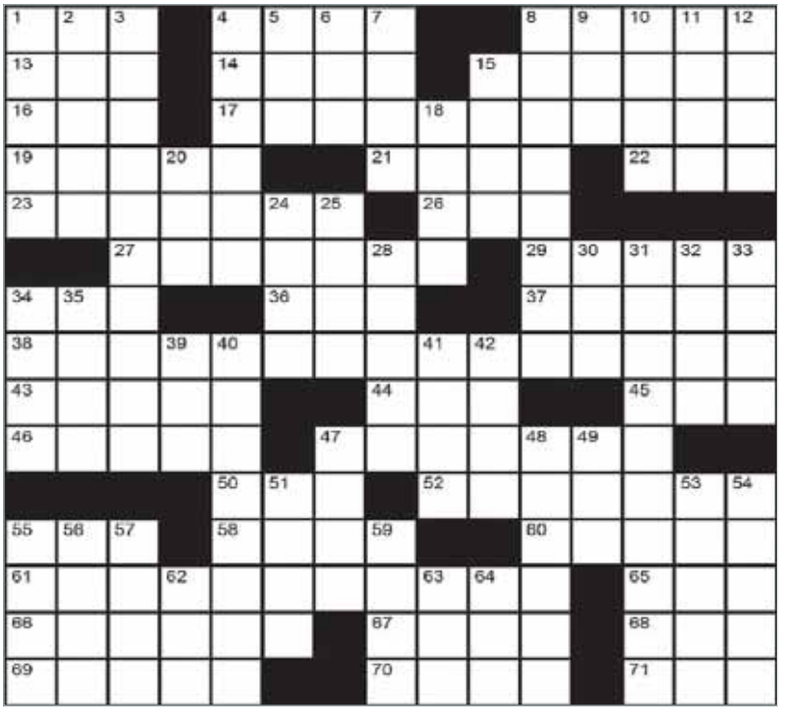
Aquarius
Jan. 21 - Feb. 19
Some things happen for a reason and some things, well, they just seem to happen. What takes place today will most likely fall in the latter category. Don't search too hard for an answer. Maybe there isn't one.

Pisces
Feb. 20 - March 20
Why worry about things that most likely will never happen? If you stop and consider what you are getting worked up about you will realize it is of no importance at all. Why frown when you could be smiling?

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



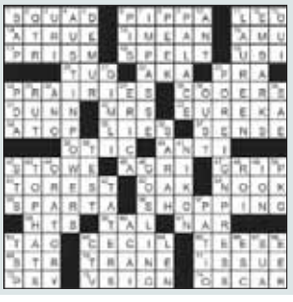
Across

1. Electronics co.
4. Wharf
8. Garlic segment
13. Vitner's prefix
14. Seed covering
15. Swiss __
16. Australian boot maker
17. Guy in Alanis Morissette's "You Oughta Know": 2 wds.
19. Sea swallows
21. "You Raise __" by Josh Groban: 2 wds.
22. __ de plume
23. James Bond's tools-of-the-trade: 2 wds.
26. Sales pro
27. Neutral lip/__ __ (Makeup application pairing)
29. Emily Watson's role in "Gosford Park" (2001)
34. Jackie O's hubby
36. Blood-typing letters
37. Nicole Kidman's friend Naomi
38. Voyageur vessels: 2 wds.
43. Jim Cuddy's band, with Blue
44. Actor Mr. Penn
45. US firearms org.
46. "__ __ secret that..."
47. Sasha Fierce singer
50. __ Paulo, Brazil
52. Garage function
55. Facing [abbr.]
58. Laze
60. Taylor Swift song-for-charity
61. Reality star who won gold at the Montreal 1976 Olympics: 2 wds.
65. Theatrical monogram
66. Edmonton players
67. Ex-Leaf Tie
68. Kind of deer
69. Ex-Montreal team
70. Takeout orders, e.g.
71. Pastureland

Down

1. Major upsets
2. Pre-university school in Quebec
3. Rovio game sensations: 2 wds.
4. Silent movie's in-distress role
5. Hockey's Bobby
6. "El __" (1961)
7. Supermodel Heidi
8. "The legend lives on from the __ on down..." - Gordon Lightfoot
9. Lake: French
10. Ken of "thirtysomething"
11. Disallow
12. Word's history [abbr.]
15. Colonel Mustard's game
18. Mere's mate
20. Stop-_-__
24. Just _ _ (Small bit)
25. Ms. McEntire
28. Radiohead singer Thom
30. PC linking system
31. The __, Canadian author Margaret Laurence's most famous work: 2 wds.
32. Road of Rome
33. 'Cont' completer (Italian noblewoman)
34. Dugout shelter
35. Hilarious one
39. 100 yrs.
40. Gene Hackman basketball movie
41. Jays followers
42. Curdle
47. Tree trunk
48. Action star Chuck
49. __-Magnon Man
51. Noun modifiers, for short
53. Movie star Clark
54. Laud to the heavens
55. Orchestra instrument
56. Grand __ racing
57. "__ Fiction" (1994)
59. Remnants
62. Company pres.
63. __ _ Turn (Road sign)
64. Diplomatic bldg.

Yesterday's Crossword

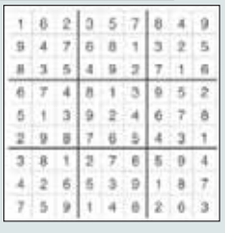


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		7		1		4	9	
	1	5						
			9					2
4		1	8					
8			6		2			1
					4	2		3
3					9			
						5	6	
	7	6		2		9		8

Yesterday's Sudoku



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Model: DMT610RH

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Cyclone

550 CFM Power Pack Hood

Models: BX21528
Color: Stainless Steel

MSRP $499

SALE PRICE **$299**

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18 Cu. Ft. Top Mount Refrigerator

Model: WRT8G3EW Color: White

30" Easy Clean Electric Range

Model: CWEF310GS Color: White

PAIR SALE PRICE **$699**

Danby

11 Cu. Ft. Mid Size Apartment Refrigerator

Models: DPF1144W Color: White

FRIGIDAIRE

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Models: CFEF2405LW Color: White

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Only 6 Pairs Available

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Models: NA930RSS

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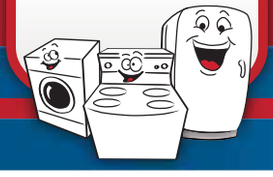

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